

Quinoa Tabbouleh

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
quinoa	1 cup raw	
scallions	1 bunch	minced
garlic	2 large cloves	minced
parsley	1 bunch	minced
fresh mint	2 cups, packed	minced
Roma tomatoes	2	peeled, de-seeded, chopped
olive oil	1 cup	
lemon juice	3 TBLSP	
salt	2 tsp	
ground black pepper	1 tsp	

- Soak the raw quinoa for at least 10 minutes in warm (not hot) water.
- Pour into a fine sieve, and rinse the quinoa well. Then rinse it a second time. This removes the bitterness.
- Bring a medium pot of water to boil, then dump the quinoa from the sieve into the boiling water. A silicone spatula makes it easier to get all the grains. Boil for 8 minutes. If it gets mushy, toss it and start over.
- Pour the quinoa back into the sieve and rinse with cold water until all the quinoa is cold.
- Pour the quinoa into a large mixing bowl, and toss in the next 5 ingredients.
- In a small mixing bowl, beat together the oil, lemon, salt & pepper and adjust to suit your taste. Slowly pour some of the oil mixture over the quinoa tabbouleh until there is enough dressing to suit you. I don't use all of it.

NOTE: Quinoa is more nutritious than wheat which is typically used for tabbouleh. Roma tomatoes have fewer seeds and sturdier fruit than other varieties. Traditional tabbouleh calls for parsley. I sometimes use cilantro, which is also delicious.